



12. Kristall-Marathon

Merkers / 18.02.2018

Detailed evaluation

PFAHLBUSCH, Elfi

Club: Sportshop-Triathlon Team

Number: 749

Course: 22.75 km

Halbmarathon

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 2:24:18

Speed: 9.15 km/h

Running performance: 6:20 min/km

Rank in course/Total: 183 (of 261)

Rank in course/Women: 21 (of 46)

Best time in course: 1:46:29

Rank in category: 3(of 6)

Best time in the category: 2:01:31

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Women	Behind Women	km	Time				Pos Women	Behind Women
Lap 1	3.25	20:13	6:13	3	4:26	29	7:02	3.25	20:13	6:13	3	4:26	29	7:02
Lap 2	3.25	19:58	6:08	3	2:53	21	5:46	6.50	40:11	6:10	3	7:19	24	12:48
Lap 3	3.25	19:30	6:00	3	2:06	19	4:37	9.75	59:41	6:07	3	9:25	21	17:25
Lap 4	3.25	19:42	6:03	2	2:10	17	4:26	13.00	1:19:23	6:06	3	11:35	21	21:51
Lap 5	3.25	20:36	6:20	3	3:00	19	4:51	16.25	1:39:59	6:09	3	14:35	21	26:34
Lap 6	3.25	21:57	6:45	3	4:01	26	5:50	19.50	2:01:56	6:15	3	18:36	21	31:52
Last lap Finish	3.25	22:22	6:52	3	4:11	26	6:47	22.75	2:24:18	6:20	3	22:47	21	37:49